

## Summer jobs hard to find again this year

By Jayson Hunt

Although there is a province-wide unemployment rate of 11 per cent and the lowest interest and inflation rates in two decades, that doesn't mean there isn't any work for students. The students just have to look a little harder, say the experts.

Debbie Smith, manager of the cooperative placement office at Conestoga College's Doon campus, said between March 1990 and 1991 there has been a 50 per cent drop in the number of jobs listed and from 1991 to 1992 it has remained constant to the 50 per cent drop.

"When we compare what's come in this year, to what came in last

year, it's almost identical. So I don't really, at this point, anticipate that it is going to be a more difficult job market than it was last year. But I do anticipate it is going to be as difficult."

Smith said she was pleased with the quality of the jobs that the placement office has been getting but numbers are still relatively low. The majority of jobs are technology oriented she said.

Although there was a 50 per cent decrease in the number of jobs listed in 1991, close to 90 per cent of last year's Conestoga graduates were placed President John Tibbits said recently.

Along with the decrease in jobs,

however, the college had an increase in student enrolment.

Paul Matreski, of the college registrar's office, said between September 1990 and 1991, there has been an 8.2 per cent increase in enrolment.

Province-wide, community colleges have experienced a 10.1 per cent increase in enrolment. Matreski and Smith both said this condition isn't uncommon during recessions.

Outside the college community, "It's not good, it's slow" said Ron Smith, a counsellor at Kitchener's Drake Personnel. Drake handles both temporary and full-time work. See Wide, page 3

## Skills competition brings out the best

By Ken Cenerelli

The second-annual Skills Canada competition on April 10 brought out the best in students who competed in different categories across Conestoga College.

The competition was held for area high school and college students to put their practical knowledge to the test. Students were required to solve a problem or construct a project in a set amount of time.

The high school competition was held in the morning with more than 50 students taking part. Students from the public and separate school boards competed. The courses included cosmetology, auto body, cabinet making, carpentry, and robotics.

See Skills, page 3



Paul Martin, a post-graduate woodworking student, measures the next cut on his letter-tray project during the Skills Canada competition on April 10.

(Photo by Ken Cenerelli)

## Students plan to make clean sweep of campus

By Jamie Slater

In an effort to clean up the wooded area of Conestoga College's Doon campus, two second-year marketing students have organized a campus-wide cleanup for May 3.

Tracy Holtl and Anita Buzadzija said they were walking to their cars last week when they noticed how debris had settled in the wooded area near the administration building and parking lot #2 over the winter.

"We saw all the garbage and we were totally disgusted," Buzadzija said. "We decided something had to be done. No one else was going to do it, so we decided we had to take the steps."

Those steps involved Holtl and Buzadzija seeking the help of many

college officials and organizations from different campuses.

The first person they met was someone who is considered to be an environmental expert — Lynne Woolstencroft.

The former City of Waterloo councillor, who wrote and edited the city's environmental guide, directed Holtl and Buzadzija to college physical resources.

Holtl and Buzadzija say they were pleased with the response from the college department.

"Physical plant was really supportive of the idea. They are willing to supply bags, dumpsters and poker sticks."

Holtl said she would like to see the campus cleanup become an annual event, but would like to hold it earlier in the spring to increase student awareness.

"It has been done in the past and it would be nice to do it annually."

"We'd like to hold it in April, but the way it's scheduled this year it runs together with Ontario-wide cleanup week which starts on May 4," Holtl added.

The Doon Student Association is also contributing to the clean up week by designing and printing posters for the event and providing lunch for the volunteers.

Buzadzija and Holtl are hoping to attract at least 30 volunteers from the college and the community. They will also extend invitations to the Waterloo and Guelph campuses to clean up their areas as well.

The clean up will be held from noon to 3 p.m. Participants can sign up at the DSA activities office. Volunteers should bring gloves and come dressed for work.

## Campus car theft nets thieves \$50

By Daniel Harrison

A daylight break-in on a car at a Conestoga College parking lot netted two thieves \$50 and a credit card.

The suspects were last seen in London, Ont., unsuccessfully attempting to use the credit card to buy cigarettes.

The description of the pair is sketchy. The first suspect, a woman, is described as slender and ill-looking with bandages on her arms. The second, a man, remained in the car on both occasions.

The break-in occurred April 14 while Kerry Davidson, an employee at the college's bookstore, was attending a fitness class at the recreation centre at Doon campus. She parked her car in parking lot #1 at 4:40 p.m. The lot was half-full at the time.

She said Waterloo regional police told her the thieves were probably waiting in the lot until they saw a good opportunity to break into a car. Davidson said she hid her purse under her car's front seat and the thieves probably saw her take the precaution.

"It's creepy to think those two were watching," she said.

The car was broken into with a coat hanger and the thieves made off with her driver's licence, \$50 in cash, a credit card and other personal items. The pair then went to Fairview Park Mall and tried to use Davidson's instant teller card.

Davidson discovered the break-in after her class ended an hour later.

"I'm surprised nobody saw it. Security said nobody said anything to them," she said.

She immediately phoned the police and her bank to cancel the credit card.

Police told Davidson the couple probably were travelling on Highway 401 and saw the college buildings. They saw an opportunity and took it, they said.

"I hope they don't come back," Davidson said.

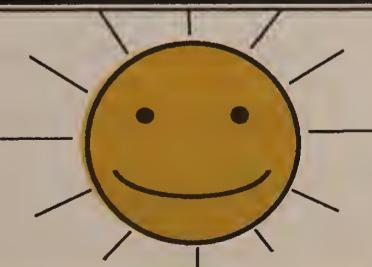


Say aaahhhh!!

Maureen Clough, left, and Carol White, both second-year management studies students, get their teeth checked by the Dental Health Unit on April 15.

(Photo by Jamie Slater)

HAVE A **HOT** SUMMER!



## SPOKE

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## We need to examine our educational system



By Daniel Harrison

Canadians need to rethink the nature of our post-secondary education system. Our scores on standardized tests are slipping compared to the rest of the world. Colleges and universities in Canada are facing a funding crunch.

Provincial and federal tax dollars are being spent on programs other than higher education.

At the same time, we are told (often by officials of these same government bodies) that Canada needs a well-educated workforce to compete successfully in a modern global economy.

How can we solve this paradox?

One solution proposed is to get the much-needed funds from one source and one source only — students.

Only 17 per cent of the cost of university is borne by students. They should pay more, the exponents of tuition hikes say.

Universities (and by extension, colleges) should set fees according to what the market would bear. Tuition fees should increase greatly.

As an offset, the institutions could plow back the increased funds into scholarships and bursaries to help students from low-income families afford higher education.

Federal and provincial governments would do likewise.

Canada would be adopting the American model. But the American model is no knight in shining armor. It's collapsing under the same problem: poor government funding. And that's with an average tuition of US \$15,000.

At that price, no wonder only 20 per cent of American post-secondary students go to school full time.

Canadians need to look at other countries and adopt the best educational policies.

The first stop should be Germany, one of the best-educated workforces in the world and one of the world's leading economies. They have a co-operative educational system with different professional streams.

These "streams" let students finish high school with technical educations in engineering or computing, for example. Apprenticeships are the norm, not the exception. Further advanced education, if needed, occurs in a university setting.

In Japan, they have a longer school year. Year-round schooling in Canada is a must. Society must make this change.

From the U.S., an emphasis on flexible, creative teaching methods. Let's use computers and televisions more, too.

And from our backyard? Universal education at a low cost.

Adopt the above, then:

- Make education our No. 2 priority (after health). Educational funding shouldn't be cut off at a whim or at the sniff of a recession. The various governments must realize a highly-educated workforce makes Canada a better place to live. Society as a whole benefits, so society must contribute.

- Consult and co-operate with business, professionals and school boards.

- Set tuition fees to reflect how much the diploma or degree is worth in future earnings. Offset the increased fee structure by using government loans.

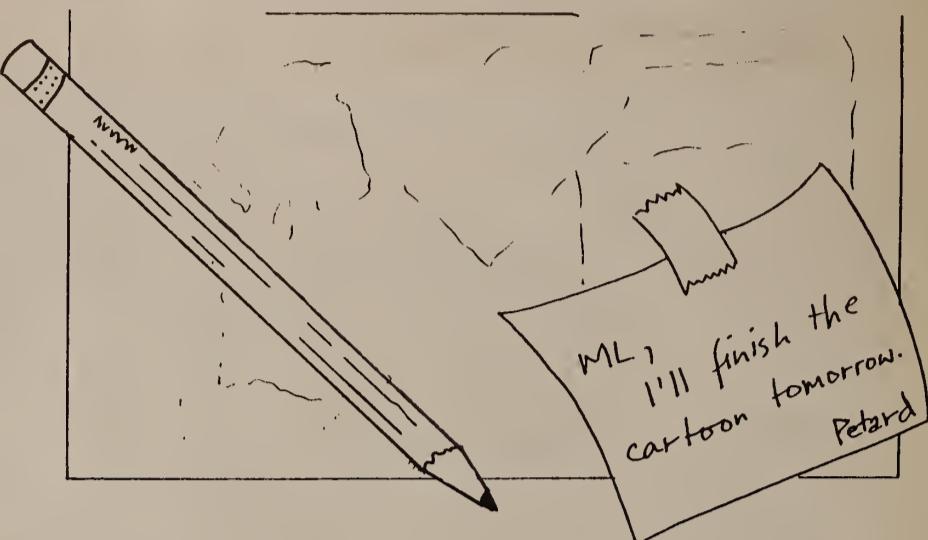
- Reorganize the various student loan programs. The loans should be payable through the income tax system. The payback schedule should be determined by how much your diploma or degree earns you.

Let's sharpen our pencils. We've got work to do.

## Letters to the Editor

Spoke welcomes letters to the editor. We reserve the right to edit letters to fit space and to remove any libellous statements. The letter must be signed and include program and year, for verification. Drop letters off at the Spoke office, room 4B15, Doon campus

# OPINION



## Don't put off reading this article



By Stewart Shutler

I'm afflicted by one of the most incurable diseases in history. It's called procrastination.

No, procrastinators are not procrastinators that get paid for what they do. Procrastination is defined in Webster's Dictionary as the act of delaying, or putting things off.

The term is universal and can even be adapted to other countries. Ronnie Edwards, a comedian who performed recently at a Doon campus nooner show, said a procastafarian is a Jamaican who puts things off.

People put things off for a variety of excuses, uh, I mean reasons. I'm too hungry right now, I'll do it later; I'm not in the right mood; I'm too tired; I'll get to it as soon as this TV show is over, or maybe the next one, or the next one.

There are many famous people with this affliction. Leona Helmsley, former New York hotel queen, kept putting off paying her taxes until it was too late.

Tammy Faye Bakker, former wife of a jailed televangelist and current divorcee on the prowl, is still putting off removing her makeup and consequently has forgotten what she originally looked like.

Napoleon Bonaparte, former ruler of France, kept putting off having a rash on his chest examined by doctors, so he had to keep scratching it. This explains

why he was always seen with his hand tucked inside his uniform.

More seriously, presidents and prime ministers can be accused of procrastination. Former U.S. president Jimmy Carter kept putting off trying to get the hostages released from Iran in 1979. Both President George Bush and Prime Minister Brian Mulroney have been putting off dealing with their countries' economies.

Several Canadian prime ministers have put off the creation of a constitution with the inclusion of native rights and the recognition of Quebec, culminating in Canada's recent unity talks to try to rectify the problem before it's too late.

Besides high-profile people, the general public should be more aware of procrastination and do something to rectify the situation. Somebody might put off taking a medical exam, then die unexpectedly. Somebody might put off studying for a test until the last possible minute, then find that they lost their notes. Somebody else might put off sending in a resume for a job opening, then find that by the time they sent it, the job has been taken.

A few of these things have happened to me, so I know the dangers of procrastination, but it's still so hard to stop. I keep saying to myself, "I'll stop putting things off — starting tomorrow."

Oh, by the way, there was going to be a meeting of the Procrastinators of Canada next week — but it was postponed until next month.

## The boys of summer are hot in spring



By John L. Tachauer

Is it just me or are the Toronto Blue Jays one heckuva team this season?

I don't think it's just me.

It seems the bluebirds haven't been able to do anything wrong lately. At presstime, the Blue Jays had collected eight wins with just one loss marring their record. And that game was lost in the ninth inning.

Go figure.

And whoever thought that Pat Borders, subject of trade rumors during spring training, would be leading the club in home runs?

Go figure.

Or who would have predicted that the players depicted on the many posters adorning my bedroom wall, would collaborate to form a contending team for yet another season?

I did!

Yup, I knew that the Blue Jay disaster at home during the American League Championship Series against the Twins last year wouldn't faze the team for long.

The ultimate question now: Can the Jays sustain their winning ways for the whole 162-game schedule?

Let's analyze the team's roster before we make a final decision.

In the pitching rotation, Toronto is graced with the presence of Jack Morris, recipient of last season's World Series Most Valuable Player award. Although in his mid-30s he still has several years left in his arm (à la Nolan Ryan).

Toronto is also blessed with lefty Jimmy Key, who was the Blue Jays' ace of the starting staff last year,

winning 16 games.

Dave Stieb — barring any more major injuries — Todd Stottlemyre and rookie sensation Juan Guzman round out one of the league's best starting rotations.

In case a starting pitcher has a bad day, the bullpen corps will take over, including middle-relief aces Duane Ward and Mike Timlin, and closer Tom Henke as the Terminator.

Now that we have established what an above-par pitching staff consists of, let's move on to the position players.

The outfield is loaded with talent.

Let's take Joe Carter, for example. Last season, he made major league history by collecting 100-plus runs batted in for three different teams in three straight years.

Then we have Devon White, with his three Gold Glove awards and plenty of speed.

Candy Maldonado, Rob Ducey and Derek Bell, fill the other vacant outfield position nicely.

Moving to the infield, John Olerud anchors first base, Roberto (no introduction necessary) Alomar is at second, Kelly Gruber at third, the fabulous Manuel Lee (slight exaggeration intended) at shortstop, and Pat Borders squats behind home plate.

The designated hitter, Dave Winfield, is something special. The Blue Jays finally have a DH with the powerful swing they were looking for all these years.

This year's roster should convince any skeptical fan that the Blue Jays will again make a run for the pennant.

No questions asked. Case closed.

If I had money to gamble, I would bet the farm on it.

# Hayward anticipates roses and thorns

By Daniel Harrison

When Jan Hayward's son Iain became a marketing student at Conestoga College, it sparked an interest in the college that has culminated in her being named chair of its board of governors.

"That was the greatest link. I really wanted to know what was going on out at Doon. What were they doing. How were they doing it. Why were they, why weren't they. The questions a parent asks," Hayward said. "Learning about what was going on."

Hayward was appointed chair of the board of governors in January and is serving her second two-year term on the board, which ends in '93.

She's looking forward to her term as chairperson.

"(The year) may be challenging, but it will be exciting. Life is never full of roses, there are those thorns, too."

The thorns are the current fiscal realities, the roses are the silver anniversary celebrations.

The 25th anniversary celebrations will "be such a positive in a down time. We need — all of us need — a positive to give us the strength to keep going."

She initially joined the board after having served on the early childhood education program advisory committee for five years and having been its chair.

She had never been to a board meeting before and expected it to be "overwhelming."

Last year, she was the board's vice-chair.

When she heard that the previous chair, Carl Hennigar, was leaving the board, she never gave a thought to becoming the next chair.

And when she was asked, she hesitated. She had to see if she had the time to do a proper job.

"When you take that step, you have to look at everything you're

involved in and what's involved as the chair. You can't do a half-hearted job."

She resigned from a couple of community organizations to open up some time.

Much to her surprise, after she was elected at the beginning of the January board meeting, Hennigar stepped down and she was suddenly in charge.

"I hadn't thought about the election result. But when I think back, it was so obvious I'd have to take over."

She wants to operate the meetings on a consensus level and to up the participation level of board members. She likes involvement and numerous questions by the members. "It says they (the board members) are there and they want to have their input."

For the past seven years, she has been a director of a social service agency in Fergus, just north of Guelph, that serves central Wel-

lington County.

Before that, she lived in various places around the world before moving to Canada from Panama in 1969.

"This is the longest we've been anywhere," she said. But she said she misses the heat of Central America.

She's a big supporter of the college system, and the co-op system in particular.

"I have a great belief that if we don't give people a start somewhere, it can be hard to break in."

Not every program needs a co-op, but students benefit a great deal from the system when it can be implemented, she said. A lot of students will go to a college because it has an active co-op system.

And that's why she eagerly awaits the opening of the new student-client centre, scheduled to open in late spring. The building will house various student services, including the co-op placement office.

College finances are her big concern for the next year. She wants to work hard to prevent cutbacks or a big deficit.

"Getting through these recessionary times ... is going to be difficult. Lots of difficult decisions will have to be made," she said.

One difficult decision is getting rid of programs that aren't needed, are poorly attended or lose money. A lot of discussion will have to be made at the program advisory committees about their programs, she said.

The program evaluation should occur all the time, but "more so in recessionary times."

Not just programs, but all expenditures should be examined for whether the college really can afford them, she said.

"It's overwhelming here. So much happens here, so much ... I'm learning and learning."

And learning is her favorite part of the chair's job.

## Wide range of jobs expected to be available this summer for students

Continued from page 1

Ron Smith said that four, local personnel companies have closed due to the recession. And one was a strong international company.

He said he had an increase of the number of people coming to Drake. A lot of them came from high management and foreman-type jobs he said.

Ron Smith said the business community is somewhat split on when the economy is going to get better. Business has to pick-up before there is any increase in jobs, he added.

Todd Coulter, supervisor of the Student Employment Centre, said he doesn't forecast a major crisis this summer but does expect in-

creased numbers of students using the service.

"Just judging on what has happened in the past we are expecting another challenging summer," Coulter said.

Casual labor, Coulter said, is an area that took-off last summer and will probably take-off again this summer.

Coulter said he doesn't expect more of one type of job but rather a broad range of jobs. More people will be using the Student Employment Centre and to focus more this year on the actual job searching techniques.

"That's something we're (the employment centre) really gearing for and we're hoping to offer a few more services and more group in-

formation services than we have in the past, to help students find jobs.

Despite the recession, Coulter said the Student Employment Centre hasn't experienced any cutbacks in money or staff.

"It's remained constant, thank goodness, for the last three summers."

The employment centre, Coulter said, should be fully operational by April 27, but has been open for limited hours over the last two weeks.

Like Coulter, Debbie Smith also emphasizes the need for good preparation in searching for a job. Students who have the best job-search techniques and are prepared, will be the people getting the summer jobs, she indicated.



**Welded together**

Hans Zawada, front right, chair of trades and apprenticeship at Guelph campus, and Ken Smith, co-ordinator of the welding program, display a plaque awarded to the welding program for its 20 years of co-operation with The Welding Institute of Canada. Instructors from back left: Ken Wood, Doug Callison, Dave Allen, Charlie Hatchard and John Kroisenbrunner look on. The award was given to the program on March 18 at a special dinner hosted by the Guelph chapter. The institute is devoted to promoting welding technology in all parts of Canada. The college has organized a number of activities and members of the welding faculty have served on the local chapter's executive.

(Photo by Daniel Harrison)

## Students vie for provincials

Continued from page 1

More than 30 college students took part in competitions by program in the afternoon. Students competed against other students from different years, all working towards the same end — to solve a problem or build a project.

College and high school winners from each competition will advance to the provincial competition in Pickering on May 8 and 9. All participants going to Pickering receive free accommodation and meals.

The gold-medal winners from that event then go on to the U.S. Skills Olympics in Kentucky later in the month.

Julie McNab, a post-graduate

woodworking student, represented the province last year in Kentucky but won't be repeating the trip. She lost out this year to classmate Harley Engberts in the cabinet making competition. Engberts won \$500 worth of power tools for his efforts.

The provincial cabinet making finals will be held at a convention centre in Pickering and the workshop area will be constructed from scratch for the day-long competition. The 135 square-metre (1,500 square feet) building will be filled with equipment from Toronto suppliers with Conestoga College donating the use of 12 workbenches and several power tools.

Prizes were handed out at the closing ceremonies held in the Kenneth E. Hunter Recreation Centre.

## Letter to the editor

To the editor:

I am offended by Daniel Harrison's coverage of the Doon Student Association election. If that is what it was. It sounded more like a poor attempt to motivate school spirit. NOT! You are creating an opportunity for negative attitudes.

Why not create an open forum to suggest how we can motivate people? How about a column for this purpose?

I agree there is a problem with student apathy.

So what is the answer to student

apathy? I'm not suggesting I have it, but I would hope that the journalism students would feel some responsibility for attitudes, negative or positive created by their articles. Emma Déost Second-year nursing

Editor's note:

Daniel Harrison's article entitled Student apathy dampens elections, appeared as an editorial on the OPINION page of the April 13 issue of Spoke. It was written as a signed editorial reflecting the views of the author, not as a news story.

## Correction

In the Feb. 24, 1992, issue of Spoke, a story entitled Ex-student pleads guilty, erroneously indicated Tim Egerdeen was ousted as the Doon Student Association's entertainment manager at the Dec. 5, 1990, DSA board of directors meeting.

In fact, a motion of impeachment at the meeting failed. The DSA announced Dec. 12 Egerdeen had left the manager's post and had accepted the position as special assistant to the DSA president.

Spoke regrets the error.

## Please recycle this paper

When you are finished reading SPOKE, please place it in one of the many recycling bins throughout the campus.



# ENTERTAINMENT

## Movie review

### Basic controversy clouds Instincts

By Stewart Shutler

When seeing the movie *Basic Instinct*, it is important to forget all the controversy surrounding it to enjoy a good old murder mystery story.

The reason behind the controversy is that one of the characters, Catherine Tramell played by Sharon Stone, is a bisexual murder suspect. Gay and lesbian groups across the U.S. think their orientation is being shown in a negative light.

Another point of contention among some people is that there is too much nudity and rough sex scenes shown. Several prominent Hollywood actresses turned down the role for that reason.

But if one can just put those two things in the context of the film, then it is possible to sit back and enjoy the twists and turns that the plot offers.

Stone's character is the main suspect because she had a sexual relationship with the victim, and she is an author who wrote a book about a man who was killed with an ice pick during sex — the same way her lover was killed.

She uses this as the perfect alibi. "Why would I kill anyone the same way that I wrote it? It would be like announcing it."

Stone is perfect for the character of Tramell. She portrays her as an unlikable yet intriguing woman, who treats life as a game. Her unlikability comes from her directness and honesty. She's never afraid to say what she wants when she wants, no matter who gets offended.

Tramell could almost be called psychotic because of her remoteness and manipulative ways, but this has nothing to do with her sexual orientation. Tramell is one particular character and her bisexuality is one particular character trait. It's not meant to be representative.

It would spoil things to say what other suspects turn up, but suffice it to say, once the viewer is sure who the killer is, that certainty may be taken away at a moment's notice, even as the closing credits roll.

The "hero" of the film, San Francisco police detective Nick Curran, is played by Michael Douglas. Douglas's intense acting has gained him a reputation for playing good characters with an edge in such movies as *Fatal Attraction* and *Wall Street*, and this is no exception. It is hard to imagine anyone else in the role.

The movie could be taken to show that man's basic instincts are of sex and violence, sometimes apart and sometimes together, but what the characters display most of all is an instinct of survival.

By Stewart Shutler

"Everybody's cool in Jamaica, 'mon.'

So began comedian Ronnie Edwards at the last nooner of the school year in the Doon campus cafeteria on April 14.

Edwards, who was born in Jamaica, talked a lot about his native country.

He mentioned differences between Air Canada and Air Jamaica, saying how laid back and casual the Jamaican airline is. Another joke about airlines was that Ghadaffi Airlines is the safest way to fly because "they know where all the bombs are." He also joked about the Jamaican bobsled team from the Winter Olympics.

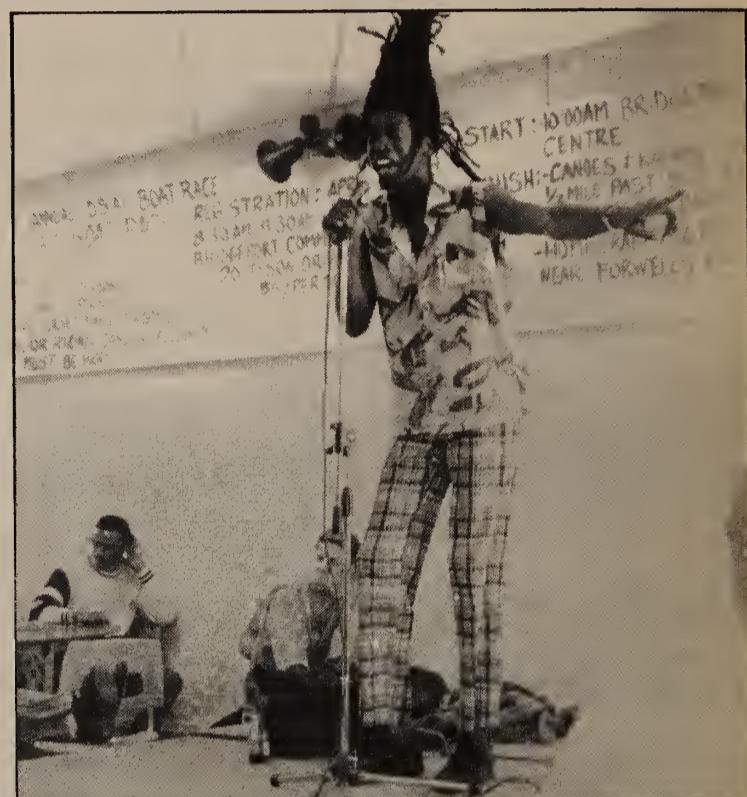
To further introduce himself, Edwards stated matter-of-factly that he is from an all-black family.

"That's rare these days," he said.

Edwards tried to interact with the audience, but did not get much response from the crowd. There was one student who kept answering yes to every question Edwards asked, no matter how contradictory the questions were. This created some witty repartee, but Edwards seemed discouraged that the lunch crowd was so silent.

About the only time he did get any answer was near the start of the act when he left it up to the audience as to what he should talk about next. The overwhelming response was that the topic should be sex.

After talking briefly about it, as compared to the previous nooner comedian Sherry O'Brien who talked about it for almost her whole act, Edwards moved onto the topic of driving.



Jamaican-born comedian Ronnie Edwards yuks it up at Doon campus's main cafeteria.

(Photo by Stewart Shutler)

He mentioned drinking and driving spot checks, night driving, fog, airbags, carphones, and customs. Edwards said the best method of getting through customs at the Canada-U.S. border in a hurry is to pretend to be a born-again Christian.

"If you say, 'The Lord Jesus Christ is your savior. If you just accept him now . . .' the customs official will say 'Next!'"

Edwards made jokes about sports such as darts, football, curling, box-

ing, and golf. "Golf is the only sport where people don't spit," he said.

In an interview after the show, Edwards said he has played at Yuk Yuk's, on cruise lines, and at resorts.

He said he has played noon-hour shows before but he prefers playing at night. "Noon-hour shows are sort of weird."

He said he thinks there's not as much crowd participation because there's no liquor to get people loosened up.

## PUBLIC NOTICE

### The Board of Directors

#### of the Doon Student Association

will be holding an OPEN FORUM to address the concerns of students in regards to any DSA policies or procedures

#### The forum will be held on

Tuesday, April 28 at 4 p.m.  
in Room 2A56

All students and interested parties are encouraged to attend

#### Issues that will be addressed include:

Capital Development Fund Committee  
Election Procedures  
External Communication  
The DSTA and DSA  
and any other concerns students raise

Also meet the new DSA executive members.



### The Doon Student Association

would like to wish the best of luck to all students during EXAM WEEK.

To the graduates of Conestoga College, all the best in your future endeavours.

To the returning students, have a safe summer and we will see you in September.

Sincerely, the DSA



### Conestoga Cleanup Day

Pitch in and help clean up Doon campus.

Sunday, May 3

Noon - 3 p.m.

Meet outside

the Kenneth E. Hunter Recreation Centre front doors.

Come prepared and wear gloves for your safety.

Refreshments will be provided by the DSA.

For more information see Becky

at the DSA Activities Office,

or call Tracy at 621-4316 or Anita at 746-6333.

Rain date: Monday, May 4

DSA



# Sex: The good, the bad and the ugly

## Want someone to confide in? A sex therapist could assist

By Douglas F. Reeve

As sexual behavior becomes more complex, so do we.

Dr. Peter Strause, a sex therapist from Guelph, says that with today's changing attitudes in social relationships, society has become a cess pool of emotional conflict.

"I have had sessions with many young adults who have felt a strain on their sex life because of the issues they are faced with. Relationships have become obstacles for many people who are sexually active," he says.

"Men and women are faced with questions about such things as relationships, sexual relationships, dating the right partner and the other issues that relate to the common denominator, sex. Being a sex therapist opens many locked doors into each one of these topics."

The increased interest in sex by magazines and talk shows has been a part of the stigma of the 90s.

"Sex is everywhere. It has lost all value and meaning," says Dr. Jannet Fisk, a partner with Strause. Fisk says that she has a 'sex talk' session for anyone who is interested.

"It is a time when men and women, and some students come to speak openly to one another about relationships, dating, intercourse or any other social problem that they need to get out in the open."

"One young man came to a meeting and asked everyone what they thought about sexual relationships,

and if there is a difference between sex and love making," says Fisk. Her group responded that there is.

Fisk and Strause say they are surprised by the number of people from all walks of life who make appointments to see them.

"I think in many ways a sex therapist is like a close friend people are able to confide in," says Strause.

Kitchener sex therapist Dr. Stan Toes says, "One of today's concerns for young adults is dating. Many students get out to the bars and find themselves struggling with such issues as AIDS -- where do they draw the line and how do they know when it's right."

### "Sex is everywhere.

It has lost all meaning," says Dr. Jannet Fisk

"It is tough for many. Things have changed and so have the attitudes of men and women looking for a companion. It isn't a carefree social game anymore. Home plate can mean you're dead."

Date rape is also an issue being addressed.

"I have been to the University of Waterloo to speak with students

and I found that there is a lack of understanding from both parties as to what date rape is. No means no," says Toes.

"No matter what the problem is there is always an answer. Anyone who thinks they have a problem and feel unable to confront it themselves should pick up the phone and call," says Fisk, noting that students shouldn't be scared by the title sex therapist.

Karen Millard, of Waterloo University says, "I think students find themselves enlightened by Dr. Toes' lectures. It gets students talking openly about questions that need to be addressed. Some students may feel held back by the idea of going personally to see Dr. Toes, and yet once involved in her lectures I am sure the door is opened more to the idea."

Mike Rolland, a student at Waterloo University, says, "A lot of my friends thought that going to Dr. Toes' lecture was a joke. I think that once there, they realized it wasn't such a bad idea after all. Most of my friends talked about some of the topics addressed and found that a lot they thought they knew, they didn't."

"Anyone who has some unanswered questions should consider talking to a therapist. Dr. Toes knew more than anything I was taught in school. It is surprising once you get on to it how many sex therapists there are," says Rolland.

Many therapists can be reached through the yellow pages.



Today's children need to be educated to help prevent sexual abuse

(Photo by Sandra Schuett)

### Column

## Kids: It's OK to say no

By Joanne Parkinson

Exposed to a barrage of information on sexuality, our generation should be able to be honest with our children about sexuality. The topic of sex should not be shrouded in mystery or carry negative connotations.

To neglect sex education at home is to deny a very real part of what makes us human. It may also make our children more vulnerable to abuse than they already are.

Research indicates that one in four girls and one in 10 boys in Canada will be victims of unwanted sexual acts before they are 18.

Sex education in the Waterloo County Board of Education begins in Grade 4 and both genders are discussed. The primary grades have no curriculum guidelines for sex education but do take part in a street-proofing program run by the Waterloo Regional police called "Okay To Say No." This program stresses that children are the owners of their bodies and have the right to refuse anyone whose touch makes them uncomfortable.

Parents will find a whole range of resources at the public library, including books and videotapes geared for children.

An eight-page pamphlet produced by the Ministry of Health is available to parents. The pamphlet is titled "Talking Sex" and it deals with parents' uncertainties about discussing sex and sexuality with their children. Pre-schoolers through adolescents are covered in the information. The pamphlet is easy to read and informative without being stuffy, whimsical or cute.

One of the sections deals with teaching children the correct names for body parts as questions are asked. After all, we don't create humorous names for arms, legs or feet.

The pamphlet points out that slang terms will likely be learned and used, but if taught the correct names from the beginning, children will always know the acceptable terms that imply respect. It is also noted that in case of abuse, it is easier to build a legal case if the child can explain what happened using identifiable terms.

There is no way to absolutely protect children from sexual abuse. But, children need the tools necessary for survival and, hopefully, a peaceful existence. Sex education from an early age, free from shame or discomfort is a necessary tool today. It can help protect children and make their survival in this world happier.

## The diapers and disorientation affliction

By Troy Bridgeman

The axe comes down and makes short work of the freeze-dried maple tree section. A couple more chunks and there will be enough wood split to warm the house before the pygmy savage is roused from her delicate slumber.

Snow and wood chips whip around me in a January whirlwind as I load my arms with wood, wearing only a tattered house-coat and fuzzy rabbit-skin slippers.

With the precision of an Inuit tribesman, I carry out the ancient ritual of preparing a fire. Then, I feed the animals and start the coffee maker.

Measuring the temperature inside the house by the thickness of the steam from my exhale, I wait in silent anticipation for my day to begin.

Am I in prison? Am I insane? No, but close. I'm a house-husband.

The silence is suddenly shattered by the relentless, terrorist invocations of a definitive member of the terrible twos. "Da Da, Da Da."

With blind obedience I rush to her service and carry her down to the kitchen where the increasing heat makes for a reasonably comfortable inside temperature.

Having worked in construction for six years, I've grown used to hard work and seasonal employment. This winter, however, is different.

With rising economic pressures, my wife has been forced to get a job that demands she spend the weekdays away from home in Toronto.

I am among a growing number of men who, because of the increasing number of women in the workplace and the changing legal and societal roles of the sexes, have chosen to become a Mr. Mom.

At first I accepted my new lot in life as a blessing. After all, how hard could it be to do intermittent housework, take care of my daughter and watch daytime TV?

I'd have time to spare. I could catch up on my writing and get lots of little jobs done. Right?

Wrong! When Robin Williams said, "God made kids cute so you don't kill them," he touched on a phenomenon worthy of further investigation. A phenomenon I call the Diapers and Disorientation Affliction (DADA).

Being at the mercy of a two-year-old can be a humbling and enlightening experience. Before long I was convinced I was enjoying myself.

I laughed hysterically when I caught her in the middle of my original-release Beatles' album collection, de-sleeved and covered in tiny peanut butter fingerprints: an act formerly punishable by a slow, painful death for anyone else.

Dr. Spock would have been proud at how someone as undisciplined as me, dedicated myself to a routine so (dare I say) fatherly and responsible that my friends suggested I

see a therapist. Our day consisted, after she woke up, of breakfast and a bottle of juice, morning cartoons, continually cleaning up until Sesame Street (where I learned and forgot Spanish) followed by the Beverly Hillbillies, Batman, the Flintstones, lunch and her nap.

After a 10-minute break, I chop some more wood, stoke the stove and wash the breakfast, lunch and dinner dishes, from the night before. Just as I sit down to do some quiet writing I hear that familiar refrain. "Da da, Da da".

Stupid with happiness, I begin the afternoon with the same relentless paternal pattern, laughing in the face of the stark reality of toilet-training and, later, dodging the poultry projectiles of our chicken dinner.

After supper, I am the jester in Her Majesty's court, commissioned to entertain. The more undignified I act, the more she loves it getting the loudest laughs when I actually hurt myself.

Before bed I battle Hurricane Amber in the bubble bath. Then, I dry her off, get her in her pajamas and read her a story of her choice.

As her breathing gets deeper and she drifts off to sleep, I realize how exhausted I am. I don't have the energy to write so I throw the dinner dishes in the sink, make a sandwich and fall asleep in front of the television.

I've gained a new respect for housewives, but I've come to envy them in a twisted way, too.

# STDs persist despite advances

By Sheri Hargreaves

During the past decade of focus on the prevention of AIDS, other sexually-transmitted diseases (STDs), preventable and treatable, continue to ravage our society.

Herpes, syphilis, genital warts, gonorrhoea, vaginitis (yeast infections and trichomonas) and chlamydia continue to find victims. More than 20 STDs exist and some have only recently been discovered. Symptoms vary from unusual sores, discharge from the genitals, pain and uncomfortable urination. In some cases, the symptoms go unnoticed.

Chlamydia is the most common sexually-transmitted disease in Canada and holds great risk as its symptoms are often not noticed.

The introduction of the birth control pill provided a new freedom in sexual activity. But, responsibilities related to health have been overlooked.

Studies continue to prove that STDs are spread through sexual activity, and the exchange of bodily fluids, mainly semen, vaginal fluids and blood. But, the advice given by doctors to use condoms, to not share needles and to avoid risky behavior is not putting an end to the diseases.

According to Merilyn Croft, the public health nurse of the Brant County Health Unit, "more people died of hepatitis B, in one day in 1990, than died of AIDS in the whole year."

Hepatitis B, can be caused by a virus and can be transmitted sexually. Fortunately, a vaccine has been developed that will prevent the disease. According to Croft, Canadian health officials hope that "by the year 2000, all newborns will be vaccinated for hepatitis B."

Croft says the initial response from people who are diagnosed with an STD is anger and a transfer of the blame towards their partners. People are not contracting the diseases intentionally, yet they are not preventing them either.

Early detection and treatment are necessary to limit the destruction these diseases can have on the body. They not only attack the reproductive organs in men and women, but also deteriorate the liver and central nervous system.

Some of the complications that result from STDs are sterility, infertility, and danger to unborn children. Avoiding medical attention only delays recovery and puts a greater number of people at risk.

Pamphlets on the topic of STDs can be found in any doctor's office, health clinic or family planning office, and health officials are happy to provide the answers to any questions you might have.

Croft says it's important for people to be honest with their physicians. Often a doctor cannot diagnose an STD unless he or she is aware that the patient may have come into contact with it. There are specific tests for specific diseases and these tests must be requested

by the patient.

Croft recommends that anyone who engages in sexual activity be tested on a regular basis particularly if they do not practice "safe sex."

"Always, always, always use a condom," Croft says. People can be carrying a virus around for years, passing it to a large number of people, such as the virus which causes chlamydia, before realizing the damage it has done to themselves and others.

It is also suggested that people become familiar with their own bodies in order to recognize changes. Early awareness, as well as an avoidance of sexual contact during and after symptoms are spotted can help to curb the occurrence rate.

The literature emphasizes talking with a partner before engaging in sexual activity. Oddly enough, people are sometimes too shy to ask about past sexual partners and drug use, but not too shy to exchange vaginal and seminal fluids.

People's tendency to contract a disease despite widespread education is not attributed to ignorance so much as the "it won't happen to me" attitude.

Abstinence from sexual activity is not an acceptable option for some, but with the proper use of condoms, especially condoms coated with "nonoxynol-9", which can kill some STD-causing germs, the risk of contracting a disease, or spreading it, is greatly reduced.

Stripping:

# A killer lifestyle

By Nell Wells

She spins, oblivious to the many eyes that probe every inch of her sensuous young body.

Time drifts by in minutes, days and weeks. Her paychecks just aren't adding up like they said they would. Her head pounds in synch with the music, blasting over well-worn speakers, through a distorted sound system. If only she hadn't had all those shooters last night.

The customers are all the same in every town: the leering, the gestures, the nauseating smell of beer sweat and rotting sneakers. Her world begins to pulse and as the song ends, the crowd responds...

Strippers, or exotic dancers as they refer to themselves, come from all walks of life, some well-educated and some high school drop-outs. Many of them have been abused and all are living on the edge.

"The lifestyle kills," says one dancer.

Exotic dancing as a profession is not as glamorous as a customer might think.

A dancer's day starts at 10 a.m. She rises and makes her way into the club, where she will spend up to 16 hours.

Noon. The bar opens.

The customers begin their onslaught, arriving from their dwellings like lemmings. Most are hell-bent on getting an up-close, personal glimpse of female anatomy, having a few beers, some conversation and maybe getting laid.

"I come into strip clubs at least once a week," says Glenn Johnston, a local business owner and strip club patron.

"It's like checkin' out the merchandise."

Dancers have various reasons for "getting in the business."

"Money as my big reason," says Paulina Mitchell a local dancer.

According to a Waterloo strip club owner, most dancers earn between \$900 and \$5,000 per week, depending on their popularity and the quality of their shows.

But the life of a stripper isn't always glitz and glamor. Most dancers spend less than eight hours a week in their own residences when they are working. Their only day off is Sunday and that day is usually spent doing laundry and travelling to the next booking, which

could be anywhere from Thunder Bay to Goose Bay.

Some dancers do not have a permanent residence. Dance clubs are their only home.

The education of a dancer varies. Some have only a few years of high school while others are using the income to put themselves through university.

For those in the business, a recurring theme is often heard.

"I'm just going to dance long enough to buy a house," says Katrina, an exotic dancer.

"Then my daughter and me are out of here."

Every dancer says she is on her way out of dancing. It doesn't matter if she has been dancing for two months or 10 years.

Warnings to the unwary who are thinking of entering the business are volunteered without hesitation.

"Stay away from the drugs and the booze, they'll kill you," says a very pale, intoxicated-looking table dancer at one club.

"I have been dancing for two years and the only thing that has seen any of the money is my nose," she says, referring to her \$200-a-night cocaine habit.

Not all dancers abuse drugs or alcohol. Some have invested their money in real estate or in financial institutions. Exact figures on the successful cases are illusive.

Incidents that occur to dancers while working create a whole new set of problems.

"Guys just don't get it, they don't understand that we are just doing a job," says Melissa, a dancer. "If I had a dollar for every guy who thought I was a hooker or wanted to date them..."

The misconception that dancers are hookers is evident when talking with strip club patrons.

"I heard that strippers were hookers who were pimped by bikers," says one misinformed Conestoga College student.

Clubs in the region have very strict rules for strippers regarding customer fraternization, according to club owners.

Strippers realize that the majority of the population think of them as sleazy. But what people might not know is, strippers are like any other minority that is ridiculed for being different.

Like one dancer says, "Don't laugh. It could happen to you."

# Survivor of abuse blames self

By C.D. Hackett

Linda (no real names are being used) is an 18-year-old whose earliest memories are of being beaten by the man she believed to be her father.

When she was 13, she overheard her mother talking about her *real* father and learned that the man who had been abusing her was her step-father.

In her early teens she was raped by her uncle; she never pressed charges because she was ashamed and thought it was her fault. She says that everything bad that happens to her is her fault.

A Statistics Canada study shows that one in four women have been raped or sexually abused. Linda feels she is just another statistic.

Maryann Sharpe, one of four co-ordinators at Kitchener's Sexual Abuse Treatment Program, says that females who are sexually abused before they are 18 are most often abused by family members.

SATP works with three groups of people: adult survivors (both sexes) of sexual abuse, mothers of abused children and with sex offenders (male only).

It does not offer group counseling for women offenders because it does not receive enough referrals of women.

"In between 75 and 90 per cent of cases, offenders come from severely dysfunctional families, says Sharpe."

Linda has had a number of boyfriends, most of whom abused her physically and sexually. Her last boyfriend raped her. She stayed with him because she thought he loved her.

**"The first time  
I had sex  
all I could see  
was my uncle,"**  
says Linda  
in a quiet voice

taken anyone into custody. Not enough evidence. No substantiation.

It frustrates her friend Lynne who says, "She should be able to live in a shelter, but no one can really help her until she helps herself."

Linda says she has a problem with trusting people but is beginning to confide in her friends and to face up to the reality of her situation.

"It's just that nobody understands what I've gone through," she says, "How can they if they haven't had anything bad like this happen to them?"

While she attends school, she works part-time and is saving her money to move out.

She receives counselling from volunteers at a Waterloo high school. Recently, she says she's been depressed and thinking about suicide.

Sharpe says low self-esteem is one of the most common coping mechanisms of sexual abuse survivors.

Linda says she is trying to develop her self-worth. She says her new boyfriend, Evan, helps her carry on.

She loves Evan but worries that he will leave her because she is "stupid" and does not deserve to be loved.

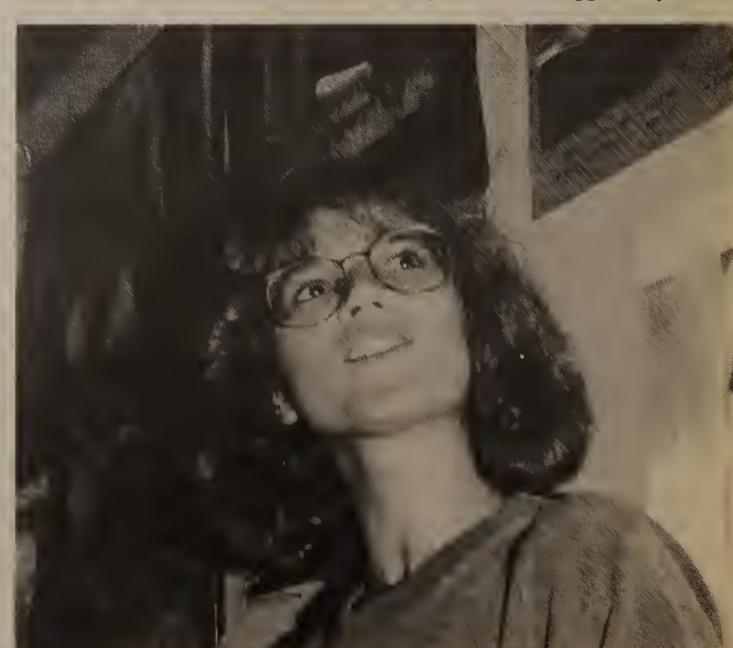
Her greatest fear is entering into a sexual relationship. "The first time I had sex all I could see was my uncle," she says in a quiet voice.

Linda says she understands sexual assault is a crime, that no one deserves to be assaulted and that no one *asks for it*. "It's not my fault, I'm not a bad person," she says with hard determination in her voice as if still convincing herself as she speaks.

When she graduates from secondary school she would like to help people who have experienced what she has, possibly by taking a social services program or early childhood education at Conestoga College.

"I know how bad you feel and I know that you blame yourself," says Linda.

Linda says she could be anyone; her situation is more common than people like to admit. Sharpe agrees.



Exotic dancer Melissa talks about life in the business.

(Photo by Neil Wells)

# Women need to learn self defence

By Mark Wiese and Paul Reitzel

Alone, she walks into the thick dark of midnight, her footsteps echoing off the pavement. The 15 metres to the safety of her car seems to stretch on and on. The sound of another, louder set of footsteps behind make her heart leap into her throat. Cold fingers of panic grip her, constricting her throat and electrifying her senses. The footsteps behind her sound like staccato bursts of gunfire. She is alone, vulnerable. What can she do?

In Canada next year, four out of ten women will be victims of sexual assault. But there are things women can do to prevent such tragedies. Women can learn to make themselves less of a target, and they can learn self-defense in case they are targeted.

"More women are taking martial arts courses for self-defense reasons than ever," says Wayne Galubovic, a kung fu instructor at Ron Day's Academy in Kitchener. Galubovic has been teaching martial arts for 18 years, and has taken a special interest in teaching women practical self-defense.

Today's women are more active, visible and independent—and are more often out alone. Galubovic says people are often in a hurry and forget rules of common sense. "A lot of women have the attitude that 'it can't happen to me.' This leaves them mentally unprepared, opening the door for an attacker." Men with deep feelings of hatred—maybe because of the more prominent role of women today—often target lone women for assault. Galubovic says half the women in his classes have been assaulted or are close to someone who has been assaulted. "In most cases it is single moms and students who come in for women's self-defense lessons," he adds.

Galubovic says most women think a rape lasts less than two minutes, but in fact they can last anywhere from 30 minutes to four hours. "There are three parts to an assault," he says. "Picking the victim, the sexual assault and the

power trip—the physical beating. The rapist gets off on being in control of another human being. A woman gets raped mentally as well as physically." It is because of this that Galubovic refuses to accept that a woman should submit rather than anger her attacker. "We have had women who were attacked five or ten years ago and still have nightmares."

Lindsay Restagno has a black belt in karate. She became involved in martial arts in 1980, and by 1985 had received her black belt. She credits her husband with getting her involved in it, and says it was the togetherness of the club and the friendships there she enjoyed most. "It wasn't the self-defense at first, but I grew to really appreciate the self-defense aspects," Restagno says. "I'm very fortunate I've never had to use it." She carries herself with poise and confidence, and one can sense her strength, both physical and psychological. Perhaps this is the reason she's never had to use her training in a confrontation.

Galubovic says women with self-defense training are more aware of their surroundings and carry themselves with more poise and confidence. "Body language is what an assailant will read to pick a victim." He believes poise and confidence can deter an attack, with some common sense. For example, don't walk through Victoria park alone after dark. "Until common sense is second nature it only takes one time for a person to make a mistake and they become a victim."

Practical, preventative measures can go a long way in deterring an attack. If you are alone and on foot, be alert. Stay away from dark or deserted places and don't take shortcuts through potential trouble spots. Walk in the middle of the sidewalk, away from doorways and parked cars. Walking should be strong, brisk and confident. Don't carry a purse loosely, use a shoulder strap.

When driving, don't leave valuables in view. Cover them with a blanket or lock them in the trunk. Try to park in a well-lit area. Have your keys ready to unlock the

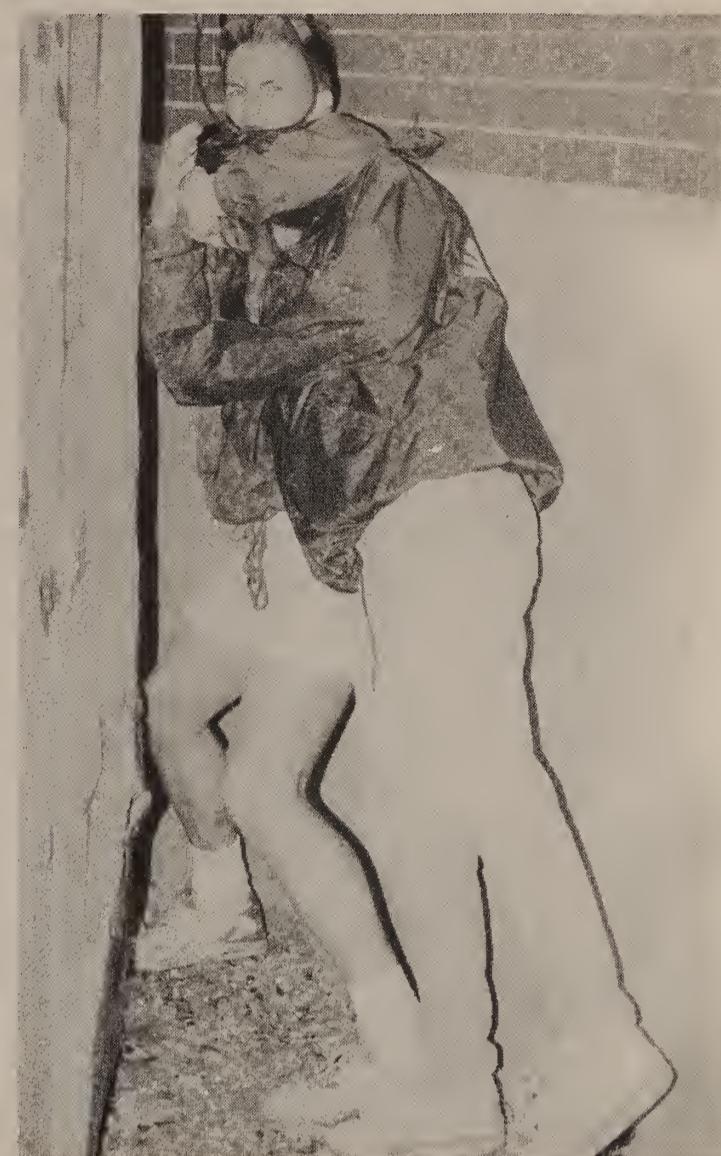
door before you come to the car so you won't be distracted searching for them and so you can use them as a potential weapon. Open your door with your left hand—so you can see in the back seat and you'll be out of the way if someone swings the door open.

If you have car trouble on the road look about carefully before getting out of your car. Raise the hood as a distress signal, but remember potential attackers will also see. Get back in your car, lock the doors and roll up the windows, leaving about an inch open. In a remote area, sound your horn periodically (but don't wear out your battery). If someone stops to help ask them to phone for help, but don't take a ride from a stranger.

When at home keep your doors locked at all times, and don't be generous with duplicate keys. Don't hide keys in obvious places like flower pots or under mats. Your name and address should not be on your key chain. Don't open your door to strangers, especially at night, and leave a light on when going out. Make sure all windows have shades, blinds or curtains and use them. Women living alone should use only a first initial and last name in telephone directories and on mail boxes.

Women should be assertive if confronted by a stranger, maintaining eye contact and speaking in a firm, confident voice. It is important for women not to dismiss any suspicions as paranoia, and not to risk their safety for fear of being rude.

Most of these tips are simple common sense, and may not suffice to prevent an attack. Bill Carr teaches kung fu to women in a special, non-profit course at Breithaupt Centre on Margaret Avenue in Kitchener. He says times are getting more violent and women need to learn to protect themselves. "A woman needs to hurt her attacker, not just scratch his face," he says. "If she really hurts an attacker he will think twice before attacking someone else." Restagno says if a woman is going to do something "make sure it's going to work—or you'll just piss the guy off more." Carr and



This simulated attack shows why 42 per cent of Canadian women are afraid to walk alone at night, even in their own neighborhood.

Angela Carvell began taking karate only recently. She likes it as a sport and a discipline as well as for self-defense. Her favorite story is of a Montreal woman last summer who was attacked by two men while one waited in a van. The woman, a student, was also a black belt in karate. She thwarted the attack, breaking one man's arm. The men were later apprehended and charged. Carvell smiles and heads back to the gym with a confident stride.

Galubovic both admit they can't teach a woman to fight in a six-week crash course, but it can scratch the surface and teach women to be street smart. The point is usually to use enough force to escape. Carr says he would "rather see someone talk their way out of a fight than fight just to prove a point." Whistles and alarms also have their place, he says. "If a woman's not a fighter at least she can make enough noise to attract help."

## Dating customs differ all over the world

By Sandra Schuett

Daisy M. didn't know just what to expect. First dates are difficult enough, but she was a timid young woman newly-arrived from the Philippines. Nothing that she had learned in her country could have ever prepared her for this.

The boy came to her house, and they sat together, saying virtually nothing for two hours under the watchful eyes of her mother.

"I didn't think he would ever come back," she said.

She refused to kiss him for the first few months. The two had differing views, ones that the other could not easily or readily understand.

According to studies done by renowned sociological team Ford and Beach, some societies have very defined traditions. A severe example might be the Lepcha tribe of the Himalayas, who believe that a girl will not mature without sexual experience. In other similar cul-

tures, sex outside of marriage is encouraged, or even required, as a rite of passage into society.

Generally, sexual attitudes in the West are very permissive. Events that once might have caused a neighborhood scandal are now the norm. These attitudes are associated with the free and easy lifestyle of today's youth.

In contrast, Islamic nations are moral and very conservative compared to North American standards. Muslims look with distaste at America's sexual promiscuity, at the immodesty of women and particularly at the high abortion and divorce rates.

Hojat Nejadrasoul, a second-year electronics student at the Doon campus of Conestoga College, knows what that environment is like. He came to Canada from Iran two years ago and he sees a lot of differences between dating customs. "It is because the religion is different," he says.

Nejadrasoul says that there is no real form of dating in his country.



Leonel Perez

He does admit that women have less freedom there because they have to cover their bodies and wear veils over their faces in public. He adds that he was not shocked to see Canada's casual attitude towards relationships.

"I heard about it in Europe. I knew it was different here."

In many countries, the concept of romance is virtually unknown. Marriage is regarded as an arrangement for economic purposes as opposed to a love connection. In these situations a marriage is arranged by a young person's parents with little thought of his or her own desires.

Such is the case in India where second-year electrical engineering and technology student, Benny Matthew was raised.

He says that social interaction for romantic purposes is almost unnecessary, since marriages are planned. Matthew admits there is little dating in India, but says things are changing and his country is becoming slightly less conservative.

Other nations are not as unlimited and uninhibited when it comes to expression and freedom of choice. In the Philippines, public displays of affection between men and women are taboo. "People look down on them if they do," says third-year accounting student, Ei-

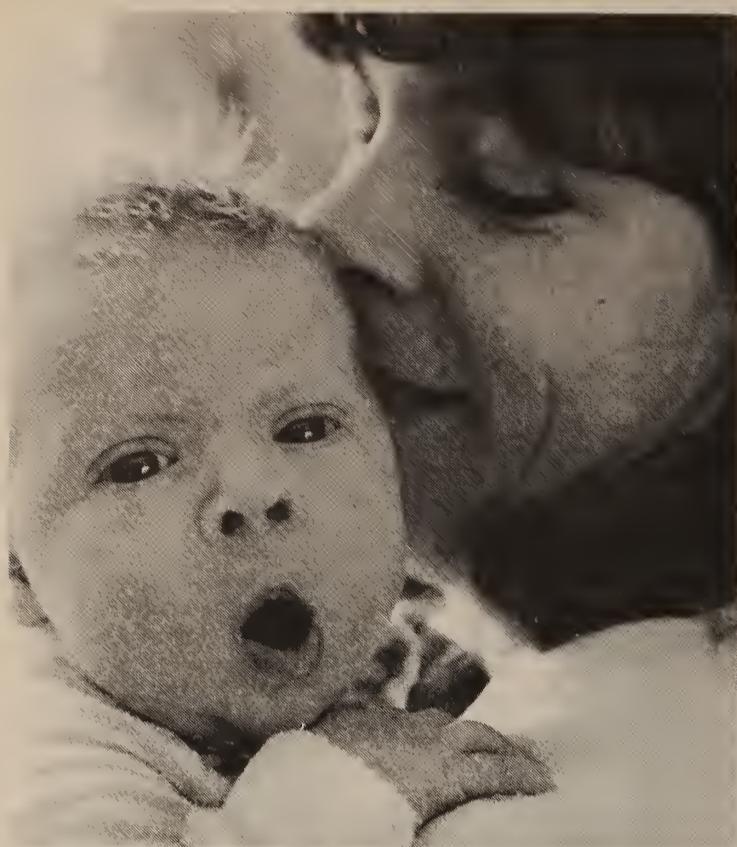
leen Bayani.

People in her country are not allowed to date until they reach the age of 18, and having a boyfriend or girlfriend is considered a serious matter.

"More emphasis is put on school and studying rather than friends or social life," Bayani says.

On the other hand, dating in El Salvador is relaxed and similar to the North American way. Leonel Perez, a first-year journalism student at Conestoga says that the only factor that affects dating in his country is religion. "From what I can see, dating is mostly the same in my country. People date friends and romance is very important there."

The variance in customs between nations is vast, and sometimes seems worlds apart. The pairing processes of individual cultures may seem unusual to us, but so might "going dutch" or double dating to a young foreigner.



Babies bring both joy and heartache to single moms.

(Photo by Heather Ibbotson)

## Single moms: struggle of love

By Garry Erb

As the number of teenage pregnancies in the Kitchener-Waterloo area declines, more and more unwed mothers are keeping their children.

"I kept my children because I wanted them to have a sense of identity. I wanted them to know who their mother is," say Debra Erb, 28, of Listowel, the mother of two boys, ages nine and four.

Erb has been a single parent for 10 years, years she describes as sometimes hard, with financial difficulties that have caused worry and anguish.

"The emotional end of paying all the bills, buying all the groceries, on top of all the house chores, inside and out, can be extremely trying," she says.

Discipline is also difficult, especially since she's always viewed as the "bad guy" since there is no other parent to share the load. Sometimes, Erb says, children don't realize that if they had a father, he would discipline as well.

"Sometimes I let things slide because I don't want my kids to always remember me for: 'Get to your room or you're grounded.'"

She admits she can't let discipline slide too far because her youngest is "trouble with a capital T."

"I think sometimes God must have a sense of humor because my son is just like me. Although this helps me know what might be coming, it's like turning back the clock."

Recently she has tried to improve her financial position by getting a job at a small restaurant as a short-order-cook, a job she's really excited about.

"I recently changed my view of the world. I used to think there was nothing I could do about the way things are. I now think differently. This job will give me more money and allow me to feel better about myself because I am doing something constructive."

She plans to save for a car and looks forward to an easier time paying for groceries, which continues to increase with two grow-

ing boys.

Even with all the problems Erb faces she still says, "Life is to live and enjoy, not destroy."

Kelley Metcalfe, a second semester journalism student at the Doon campus of Conestoga College, is trying to combine single mothering with school. Even though her day starts at 6 a.m., she's often up until 2 a.m. doing homework after looking after her two-year-old son all evening.

She says mother's allowance does not pay her enough to live on.

"My rent is \$600 a month and they give me \$900 to live on for the month. After I pay my rent, buy groceries for the month and pay the utility bills, there is usually nothing left for me and Justin."

The \$150 a month that she receives in child support from Justin's father is deducted from her mother's allowance.

"But it's not worth going to court for," she says.

Mother's allowance covers her daycare costs but she feels they give her a hard time because she is a student.

"They give you an hour for me to get from here (Conestoga College) to downtown (Kitchener) to pick up Justin. I have to leave here right away, I can't stay here and do research in the library. I have to go and pick up Justin right away," she says.

Metcalfe also finds disciplining her child difficult.

"He doesn't listen to a woman. He doesn't have a man around. He knows who mommy is but he has no idea who his dad is. He goes around calling every guy dad."

Metcalfe says the only role model she sees Justin having is her father.

"Justin looks up to my dad and he seems to respect him," she says.

Still, despite the many difficulties of single parenting, Metcalfe says, "Just knowing he will be there when I get home and hear him say, 'I love you mommy,' is enough to keep you going."

# Sex education is working but teen pregnancy still an issue

By Heather Ibbotson

Normally bubbly, 16-year-old Terry was serious as she related her weekend activities to an employee at her high school co-op placement. Explaining she had had sex for the first time and had not used any protection, Terry worried she might be pregnant.

"Well, I guess I'll know in nine months," she said and smiled.

The employee asked, "Don't you think you'll know before then?"

"Oh, I guess so, when I start to show in five or six months," she replied.

Despite having more knowledge about sex and reproduction than any other generation in history, many young people remain generally ignorant, misinformed and careless.

According to a study of teenage pregnancy by social workers Maureen Orton and Ellen Rosenblatt of McMaster University in Hamilton, birth control information mostly has reached teens who have family support, education and career goals.

The challenge is to reach marginal teens who are out of school, live further from birth-control clinics, live in dysfunctional families or who are on the street.

The study found adolescent pregnancy rates in Waterloo Region declined by 28 per cent between 1976 and 1986.

Marcia Redmond, manager of sexual health programs at the Waterloo Regional Health Unit attributes the decline to increased elementary and secondary school sex education.

Redmond says more teens are using contraception. "They sure are not having less sex." Considering the number of young women using contraception, the adolescent pregnancy rate could be a lot higher, says Redmond.

Pregnancy rates in Waterloo Region dropped to 38.3 per 1,000 in 1988 from 59 per 1,000 in 1976, placing the region about average in

a range varying from 18.7 pregnancies per 1,000 in Dufferin County to 98.3 per 1,000 in the Kenora District.

Health workers are most concerned with the number of 14 to 16-year-olds who become pregnant. Yet, even college students sometimes find themselves in situations they do not understand and are not prepared for.

Despite Doon's "older than teenage" student population, campus nurse Marilyn Fischer copes with a handful of unplanned student pregnancies each year.

And, considering the numerous other avenues of assistance such as family doctors and clinics, "there may be a hundred more out there who never come near our door."

Before coming to Doon seven years ago, Fischer, a certified occupational health nurse and RN, spent 13 years at Conestoga's Waterloo campus. Fischer says the number of teenage pregnancies she deals with has remained fairly constant over the years, though issues such as date rape and AIDS have lately received more press coverage.

Women who come to the nurse's office worried about being pregnant are usually not sure of what is happening, Fischer says. "Often, they are afraid to go to their family doctor because he is their family's doctor."

At Doon, women, occasionally accompanied by their boyfriends, discuss the situation and its implications with Dr. John Kan. The doctor arranges a blood test to be performed at a local laboratory. Blood tests provide accurate results as early as one week after intercourse. Urine tests are generally used after one menstrual period has been missed.

Test results are sent to the doctor, who, if necessary, refers the student to a local agency such as Planned Parenthood or Family and Children's Services of Waterloo Region. These agencies discuss the avenues available.

"Kids have to be given all the options," Fischer says.

Wendy Newberry, a pregnancy support worker for Family and Children's Services of Waterloo Region, counsels about 100 adolescent females every year.

For young women who come from less than ideal home situations, the intimacy provided in a sexual relationship can outweigh considerations of future consequences.

One Conestoga College student, a 22-year-old who found herself a single mother at the age of 18, is a perfect example.

After leaving home at the age of 16, she spent most of her time at her boyfriend's apartment. At first, she worried about becoming pregnant. Her doctor would not prescribe the pill because she suffered from migraines and her partner refused to use condoms.

"I loved him so much. I just didn't think about what could happen," she says.

Redmond says teens deciding to continue with pregnancy are often those least ready to be mothers. It is important for pregnant teens to have both someone to talk to and a shoulder to lean on.

Many face not only the ordeal of pregnancy, childbirth and the ensuing responsibility, but often suffer the emotional trauma of a broken relationship.

Many women discover love does not conquer all. Often, when they find themselves pregnant, their partners withdraw abruptly and coldly from their lives. Oddly, in our society, the start of a family often drives couples apart rather than uniting them.

Despite readily-available contraceptive devices, education and community awareness, the big problem is that a lot of women still have the "it can't happen to me" attitude, Fischer says.

Even women using birth control pills are at risk if they do not take the pill every day. The only safe birth control is responsibly used.

## More couples try natural birth control

By K. Stephen Ross

Natural birth control methods, such as the Serena method, have become more and more popular over the last three or four years, says a Serena teacher from Sault Ste. Marie.

Randy Barbeau and his wife Roberta have been using the Serena method of birth control for the last 12 years.

Otherwise known as the symptom-thermal method, it involves the following of the women's cycle for a period of time to determine when the safest times for sexual intercourse are.

This method, according to Barbeau, is 99.9 per cent effective if followed strictly, meaning that if the couple only makes love during the safe times, the method will work.

"It's like with the Pill," says Barbeau. "If you take it every day, it is extremely effective. However, if you forget a day..."

The Barbeaus began teaching this method to couples in their hometown of Sault Ste. Marie just

around the time they started using it themselves. There was no one else teaching it at the time so they figured "why not us?"

They started using Serena birth control because they had tried everything else and were not satisfied with any of them.

"Also, it was at a time when we began to take what our faith was saying a little more seriously and the church says this is the method for us," he says.

The Barbeaus are Roman Catholics and their doctrine states that only natural birth control can be used.

Barbeau believes that this method will work for just about anyone with the exception of women who don't ovulate. He stresses, however, that both partners have to be willing and committed.

"Both have to be patient and helpful toward each other because it takes time for this method to become secure enough to work."

Another beneficial aspect to Serena is that since the husband and wife work so closely together, they can develop more intimacy with

each other. Also, it can bring some of the romance back into the relationship.

Says Barbeau, "On those nights when it isn't safe to have sexual relations, you can do things that you used to do while you were dating, such as going on walks or to the movies. With this method, I know which night I have to wear pajamas to bed and which nights I don't."

Over the last three or four years of teaching, they noticed a trend leaning towards the natural methods. Some couples came to them after experiencing bad side effects from the Pill while others were just tired of putting chemicals into their bodies.

There are other methods of birth control on the market but the Barbeaus have tried them all. They learned, through the process of elimination, that this was the best method for them.

The Barbeaus also point to the benefits of no messy spermicides or jellies, no interruptions to lovemaking once it starts and very little investment, except for time.